

# **PREVENT DISEASES CAUSED BY MOSQUITO BITES**

**To avoid being bitten by mosquitoes and getting sick from West Nile virus (WNV) or Eastern Equine Encephalitis (EEE):**

- **Limit outside activity between evening and dawn when mosquitoes are likely to bite**
- **Wear long pants, long-sleeved shirts, a hat, and socks if outside**
- **Use bug spray (insect repellent) when outside**
- **Use an insect repellent with DEET:**
- **For children and adults use 30% or less DEET**
- **Picaridin or oil of lemon eucalyptus may be used instead of DEET**
- **USE REPELLENTS ACCORDING TO DIRECTIONS ON BOTTLE (Adults should apply on young children)**



**For more information, contact the New Hampshire Department of Health and Human Services WNV & EEE information line at 1-866-273-6453 or visit our website at [www.dhhs.nh.gov](http://www.dhhs.nh.gov)**

